



Steps to a Healthier YOU!

Group Leader Description

Have you always wanted to use your skills of engaging with people and sharing a healthy lifestyle in your leisure time? Then this job is for you:

Group Leader Characteristics

- Are you: Team-oriented, motivating, reliable, engaged, compassionate, inclusive, inspiring, open-minded, passionate, responsible, pro-active and persuasive?
- Do you have fun working with other people and working out and provide guidance and encouragement?
- Do you understand the importance of being healthy and see the opportunity to convey this to others and build up a social support and want to share your hometown with others?
- Do you see the economic benefit to the businesses along the walking route and the tourism opportunities to share your town and points of interest with others?

If this is all true then we are looking for YOU as a group leader!

Group Leader Position

- Be available for a consistent date and time each week (be prepared for any weather conditions)
- Set aside time before and after each walk for warming up, stretching and cooling down exercises
- Ask participants to fill out the registration form and collect afterwards
- Scan filled forms and email them to the University of Pittsburgh pawalkworks@pitt.edu
- Count number of people each walk
- Write and send quarterly reports of how many people walked each month
- Help people to connect with each other
- Volunteer to help build your community as a healthier group

Do you meet the specifications and could you implement the requirements? Then let us know and become a group leader!

In case you haven't heard about the WalkWorks program yet, here are the most important facts in a nutshell:

- WalkWorks is a collaboration between the Indiana County Office of Planning & Development, Pennsylvania Department of Health, and the University of Pittsburgh Graduate School of Public Health to increase opportunities for physical activity across Indiana County
- WalkWorks is funded by the PA Department of Health and is supported by the University of Pittsburgh Graduate School of Public Health Center for Public Health Practice
- WalkWorks identifies and develops routes for the walking program
- WalkWorks enters a partnership with local communities to identify walking routes and form sustainable walking groups that will enhance and expand active transportation networks with the ultimate goal of improving the health and quality of life of county residents
- WalkWorks offers residents the chance to participate in group walks and gain from the social support and incentive of others and therefore increase opportunities for physical activity and joy
- A professional Walkability Assessment was performed to assure the suitability of the routes for safety and pleasure
- Seven routes are established in total in Indiana County

For more information visit www.pawalkworks.com or <http://icopd.org/indiana-county-walkworks-program.html> or contact Barb Hauge (bhauge@upstreetarchitects.com).